

# The Winter Run Project

How to add a Run Project to your training as a Purple Patch athlete

## FRAMING THE PROJECT

First and foremost, remember that this project is typically done during post-season, when you want to be *reducing* mental and physical load. So: KEEP IT SIMPLE. The vast majority of your runs can be 'soul-filling' and still produce great value. Your added runs *do not* need to include intervals or structure, nor do they need to be long. Think simple, short, and free. You can easily listen to the Purple Patch Podcast, other shows, or your favorite tunes while hitting these sessions :) Additionally, if you do want to go longer -- say on a weekend -- feel free to take it off road for an easy trail run or hike. Keep it lumpy and fun.

## SETTING YOURSELF UP FOR SUCCESS

- Commit to a Sunday Special habit each week (**click here** for a refresher) to plan out adjustments to your schedule and where your Run Project sessions will go.
- You may want to remove some supporting bikes or swims to prevent total volume/hours from creeping up too much. You can do this without guilt: remember that you cannot work on everything at once, and this is not the season to be chasing high fitness. Allow this project to be a focus, and commit to retaining the soul-filling element of post-season that will help you recharge and rejuvenate.

## IMPLEMENTING YOUR RUN PROJECT

How do you actually incorporate the Run Project into the Squad training program? Here's some helpful guidance:

- Commit to the standalone Key run each week that's built into the Baseline.
- Incorporate some short, simple, minimally structured, resilience-focused runs sessions. These can come from any of four sources:
  - ▶ Built-in Optional Run Project runs: look for these at the bottom of some of your swims.
  - ▶ The 15-25 min or 30-45 min Resilience Runs from the Optional Workout Library in Today's Plan: simply drag these into your calendar on the desired day (make sure to only drag them into days that have loaded, to avoid blocking the usual training from loading into your calendar). These can be really helpful to use for planning out your week and making space in your training schedule for dedicated Run Project sessions.
    - ▶ Standalone Supporting run(s) -- these will be slightly longer, so there's no guilt in using time-starved versions. You'll typically have at least one of these per week in the Baseline.
    - ▶ Brick runs. At this phase of the year, most runs off the bike will be short and simple, functioning well as Run Project sessions.

Doing the above steps will net you multiple short, resilience-focused sessions each week along with at least one longer run. But of course, runs aren't the only piece of a Run Project. You'll want to commit to these key elements too:

- ▶ Strength sessions (ideally the heavy lifting option) throughout your Project
- ▶ One KEY bike ride each week.
- ▶ Great supporting habits around tissue resilience and recovery: break out that foam roller while you're taking in your post-workout fuel!

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To help you get a sense of how you might adjust your week for a Run Project, here are a couple of examples of adjustments to the Baseline structure:

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SWIM — STRENGTH	<b>KEY BIKE + BRICK RUN</b>	<b>KEY RUN</b>	BIKE + BRICK RUN	<b>KEY SWIM</b> — STRENGTH	<b>KEY BIKE + BRICK RUN</b>	RUN

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
STRENGTH + RESILIENCE RUN (15 MIN)	<b>KEY BIKE + BRICK RUN</b>	<b>KEY RUN</b>	RESILIENCE RUN (15-30 MIN)	<b>KEY SWIM</b> — STRENGTH	RESILIENCE RUN (15-30 MIN)	RESILIENCE RUN (45 MIN)

(APPROX. 5-6 HRS/WEEK TOTAL TRAINING)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SWIM — STRENGTH	<b>KEY BIKE + KEY BRICK RUN</b>	RUN	BIKE	<b>KEY SWIM</b> — STRENGTH	<b>KEY BIKE + KEY BRICK RUN</b>	<b>KEY RUN</b>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SWIM + STRENGTH	<b>KEY BIKE + KEY BRICK RUN</b>	RUN — STRENGTH	RESILIENCE RUN (15-30 MIN)	<b>KEY SWIM</b> + RESILIENCE RUN (15 MIN)	<b>KEY BIKE + KEY BRICK RUN</b>	<b>KEY RUN</b>

(APPROX. 8.5-9.5 HRS/WEEK TOTAL TRAINING)